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TESTED MENUS AND RECIPES

Based on a
Low Cost Dietary

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TESTED MENUS AND RECIPES

Based on a
Low Cost Dietary

By

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Introduction

The family that must make every dollar of its income bring in one hundred cents' worth of well being for its members has a truly vital interest in the food problem. In order to make sure that the ration is satisfactory the housekeeper must see to it that every dollar spent for food furnishes a dollar's worth of strength.

The ration allowance on which Miss Weeks has based the present work was planned for a group of families in New York City, and, considering their limitations of income met in a fairly satisfactory way their food needs.

Obviously, the immediate aim in determining a safe minimum for the family food allowance was to help the family make the best of the situation. Even larger issues, however, were involved. Before a truly satisfactory ration could be outlined it was necessary to know the danger line, or rather the safety line below which it was not possible to go. The matter of reasonable leeway could then be more easily determined.

It is hoped that the present pamphlet may be of some service to those who are concerned with this problem of low cost dietaries. It seemed best to publish the calculations on which the work is based since these may prove of interest in the case of those whose responsibility lies along the line of helping to develop the literature of this subject.

The unit system is used since this seems the most convenient way to approximate food needs for a group of families. Individual dietaries would of course be calculated upon the basis of individual needs.

Winifred Stuart Gibbs,
Director Extension Department,
Mechanics Institute.

TESTED MENUS AND RECIPES

Based on a
Low Cost Dietary

In order to demonstrate that attractive and palatable menus can be planned from a low cost dietary and that sufficient variety can be introduced to continue the use of these foods from week to week, the interest of several women in menus and recipes was secured and the results obtained are set forth in this Bulletin.

The food supply for the week is based on the minimum dietary for three units used for a number of years by Winifred S. Gibbs in New York City. Some changes were made to suit the needs and tastes of the individual families.

The first part of the plan was carried out by a painter's family, consisting of a man, his wife, and three boys of 12, 10 and 8 years respectively. The woman took great interest in trying out the menus prepared by the writer and made only a few minor changes.

In order to meet the needs of the family, lunches were planned for the man and dinner was made the evening meal. No change was made for the boys as they are in the habit of eating heartily at night, but it would be preferable, for the good of the children, to exchange the noon and evening meals. Cheese was omitted and an extra pound of beef substituted to suit the family's taste.

The percentage of protein was kept high at the expense of greater variety to provide for the growing children. For the same reason little of the milk was used for cooking as a large part of it was given the children to drink as milk or cocoa.

Additions of one slice each were made by the woman to the bread allowance for two breakfasts, and on two afternoons each of the three boys had a slice of bread and nut butter for lunch. Nevertheless there were small amounts of several articles left at the end of the week. Had the menus been used in cold weather more energy would have been expended and without doubt the full amount of food required. Moreover, the allowance for the children was high as in the unit system of reckoning children of several ages are grouped together.

A saving in the cost of supplies for the week could have been made if stores which do not deliver had been patronized.

PART I.

FOOD SUPPLY FOR ONE WEEK

Number of units, 3.7.
†Number of calories per week, 77,700.
Cost per unit per day, 34c.

Amount	Food	Cost	Calories
2 lbs.	Chuck steak	$0.50	1594
2 lbs.	Plate beef	.32	2494
1 lb.	Flank beef	.18	1084
1 lb.	Salt codfish	.25	515
1 doz.	Eggs	.40	892
14 qts.	Milk	1.26	8792
2 lbs.	Nut butter	.60	6820
½ lb.	Salt pork	.18	1778
12 loaves (15 lbs.)	Bread (white, bran and whole wheat)	1.26	17610
3 lbs.	Rolled oats	.24	5409
1 lb.	Macaroni	.15	1624
1 lb.	Rice	.08	1591
5 lbs.	Sugar	.43	9070
1 lb.	Kidney beans	.18	1564
1 lb	Lima beans	.18	1586
4 bunches	Carrots	.10	239
1 can	Spinach	.18	327
2 bunches	Beets	.05	163
3 lbs	Onions	.15	597
1 pk.	Potatoes	.55	4560
1 sm. can	Tomatoes	.13	122
¾ lb.	Dried apples	.12	989
2 lbs.	Prunes	.36	2322
1 lb.	Dates	.18	1416
1 lb.	Raisins	.13	1407
1 lb.	Flour	.09	1603
½ lb.	Cocoa	.14	1128
¼ lb.	Tea	.13	
½ lb.	Coffee	.13	
	Salt	.005	
	Pepper	.005	
¼ pt.	Vinegar	.02	
		$8.68	77296

*In reckoning food requirements, man counted as unit or 1, woman .8, children fractional parts, varying according to ages.
†Reckoned on basis of 3,000 calories per day per unit.

FIRST DAY

Menus	*Amounts*
BREAKFAST	
Oatmeal	2½ C. or ½ lb. rolled oats*
Milk and sugar	1 qt. milk
	1 C. for each child (cereal and to drink)
	6 T. for man (cereal and coffee)
	6 T. for woman (cereal and coffee)
Toast and nut butter	
Coffee for adults	
Milk for children	

*All measurements are level.

	7 T. sugar 1 T. each for cereal 1 T. each for man and woman for coffee 7 slices bread 7 t. nut butter 3½ T. coffee
LUNCH *(man)*	
Bread and nut butter 2 hard-boiled eggs, pepper and salt Dates Cold coffee	5 slices bread 5 t. nut butter 2 eggs 4 dates 1½ T. coffee 4 T. milk 2 T. sugar
LUNCH *(woman and children)*	
Potato soup (recipe) Bread and nut butter Stewed dates Cocoa for children	4-5 potatoes ¼ onion ½ C. milk Salt and pepper ½ slice salt pork 8 slices bread 8 t. nut butter ¼ lb. dates 3 T. cocoa 1¼ C. milk 3 T. sugar
DINNER	
Beef olives (recipe) Boiled potatoes Spinach Tea for adults	1 lb. beef 1 C. bread crumbs 3 slices salt pork 1 onion Salt and pepper 1 can spinach 6-8 potatoes 5 t. tea ¼ C. milk 2 T. sugar

SECOND DAY

Menus	*Amounts*
BREAKFAST	
Rice with raisins Milk and sugar Toast and nut butter Coffee for adults Milk for children	Same as first day, plus 1 C. rice ½ C. raisins
LUNCH *(man)*	
Beef sandwiches Prunes Cold coffee	5 slices bread 5 t. nut butter ½ lb. beef, cooked with beef olives 6 prunes 1½ T. coffee 4 T. milk 2 T. sugar

LUNCH	
Egg vermicelli	8 slices bread
(milk toast with 1 egg cut up)	1 pt. milk
Prunes	1 T. nut butter
Cocoa for children	1 egg
	3 T. flour
	Salt and pepper
	½ lb. prunes
	3 T. cocoa
	1¾ C. milk
	3 T. sugar
DINNER	
Boston roast (recipe)	1 lb. kidney beans
Baked potatoes	1 onion
Beets	2 slices salt pork
Tea for adults	1 C. bread crumbs
	6-8 potatoes
	2 bunches beets
	5 t. tea
	¼ C. milk
	2 T. sugar

THIRD DAY

Menus	*Amounts*
BREAKFAST	
Oatmeal	Same as first day
Milk and sugar	
Toast and nut butter	
Coffee for adults	
Milk for children	
LUNCH *(man)*	
Beef sandwiches	5 slices bread
Apple sauce	5 t. nut butter
Cold coffee	½ lb. beef
	4 T. apple sauce
	1½ T. coffee
	4 T. milk
	2 T. sugar
LUNCH	
Creamed macaroni	½ lb. macaroni
Bread and nut butter	8 slices bread
Apple sauce	8 t. nut butter
Cocoa for children	2 C. dried apples
	½ C. sugar
	3 T. cocoa
	1¾ C. milk
	3 T. sugar
DINNER	
Creamed codfish	½ lb. codfish
Boiled potatoes	1 pt. milk
Boiled onions	1 egg
Tea for adults	1 T. nut butter
	Salt and pepper
	3 T. flour
	6-8 potatoes
	4-5 onions
	5 t. tea
	¼ C. milk
	2 T. sugar

FOURTH DAY

Menus	*Amounts*
BREAKFAST	
Oatmeal with raisins	Same as first day, plus
Milk and sugar	½ C. raisins
Toast and nut butter	
Coffee for adults	
Milk for children	
LUNCH *(man)*	
Boston roast sandwiches	5 slices bread
Prunes	5 t. nut butter
Cold coffee	2 slices Boston roast
	6 prunes
	1½ T. coffee
	4 T. milk
	2 T. sugar
LUNCH	
French toast (recipe)	8 slices bread
Prunes	1 egg
Cocoa for children	1 pt. milk
	8 t. nut butter
	1 slice salt pork
	Salt
	½ lb. prunes
	3 T. cocoa
	1¾ C. milk
	3 T. sugar
DINNER	
Baked chuck steak with onions and potatoes (recipe)	1¼ lb. chuck steak (cook the 2 lbs.)
	6-8 potatoes
Gravy	1 onion
Buttered carrots	4 T. flour
Tea for adults	Salt and pepper
	8-10 carrots
	1 T. nut butter
	5 t. tea
	¼ C. milk
	2 T. sugar

FIFTH DAY

Menus	*Amounts*
BREAKFAST	
Prunes	Same as first day, plus
Oatmeal	½ lb. prunes
Toast and nut butter	
Coffee for adults	
Milk for children	
DINNER	
Beef stew (recipe)	1 lb. beef (flank)
Date custard (recipe)	6-8 potatoes
	1 onion
	4-5 carrots
	3 T. flour
	Salt and pepper
	1 pt. milk
	2 eggs
	¼ C. sugar
	¼ lb. dates

SUPPER	
Rice and tomatoes (recipe)	1 C. rice
Boiled rice with raisins (children)	¼ C. raisins
	½ can tomatoes
Bread and nut butter	10 slices bread
Tea for adults	10 t. nut butter
Cocoa for children	5 t. tea
	¼ C. milk
	3 T. cocoa
	1¾ C. milk
	5 T. sugar

SIXTH DAY

Menus	*Amounts*
BREAKFAST	
Oatmeal	Same as first day
Milk and sugar	
Toast and nut butter	
Coffee for adults	
Milk for children	
LUNCH *(man)*	
Egg sandwiches	5 slices bread
Apple sauce	5 t. nut butter
Cold coffee	2 eggs
	4 T. apple sauce
	1½ T. coffee
	4 T. milk
	2 T. sugar
LUNCH	
Lima bean soup (recipe)	1 lb. Lima beans
Bread and nut butter	1 onion
Apple sauce	1 pt. milk
Cocoa for children	½ slice salt pork
	2 C. dried apples
	½ C. sugar
	8 slices bread
	8 t. nut butter
	3 T. cocoa
	1¾ C. milk
	3 T. sugar
DINNER	
Beef loaf (recipe)	¾ lb. chuck steak, left from fourth day
Escalloped tomatoes (recipe)	1 onion
Boiled potatoes	2 slices salt pork
Tea for adults	1 C. bread crumbs
	½ can tomatoes
	6-8 potatoes
	5 t. tea
	¼ C. milk
	2 T. sugar

SEVENTH DAY

Menus	*Amounts*
BREAKFAST	
Oatmeal	Same as first day
Milk and sugar	
Toast and nut butter	
Coffee for adults	
Milk for children	

LUNCH *(man)*	
Beef loaf sandwiches	5 slices bread
Dates	5 t. nut butter
Cold coffee	2 slices beef loaf
	4 dates
	1½ T. coffee
	4 T. milk
	2 T. sugar
LUNCH	
Macaroni	½ lb. macaroni
Bread and nut butter	½ C. milk
Stewed dates	8 slices bread
Cocoa for children	8 t. nut butter
	¼ lb. dates
	3 T. cocoa
	1¼ C. milk
	3 T. sugar
DINNER	
Codfish chowder (recipe)	½ lb. codfish
Bread and nut butter	6-8 potatoes
Stewed prunes	1 pint milk
Tea for adults	1 slice salt pork
	1 onion
	Salt and pepper
	5 slices bread
	5 t. nut butter
	¼ lb. prunes
	5 t. tea
	¼ C. milk
	2 T. sugar

RECIPES

POTATO SOUP

4 or 5 potatoes	1 T. salt pork fat
2 t. chopped onion	1½ t. salt
⅛ t. pepper	3½ C. potato water
1 T. flour	½ C. milk

Boil and mash potatoes, add water, seasonings, and onion. Cook 5 minutes. Add flour made into thin paste. Cook until thickened. Add milk and bring to boiling point.

BEEF OLIVES

1 lb. beef (plate)	3 slices salt pork
1 C. bread crumbs	1 onion

Salt and pepper

Mix together bread crumbs and chopped pork which has been tried out. Season with salt, pepper, and onion. (Moisten with milk or water if necessary.) Cut steak into strips 4 by 2 inches. Spread with mixture, roll and tie. Dredge with flour, salt and pepper. Sear with fat and add 1 C. boiling water. Cook slowly until tender.

BOSTON ROAST

1 lb. cooked kidney beans	1 small onion, chopped
1 C. bread crumbs	Salt

Salt pork drippings

Mash the beans or put them through a food chopper. Add the bread crumbs and onion to make the mixture stiff enough to be formed into a roll. Season with salt and drippings. Bake in a moderate oven, basting occasionally. Improved by adding ½ lb. cheese.

FRENCH TOAST

8 slices bread
1 egg
1 pt. milk
1 slice salt pork
Salt

Beat egg and add milk and salt. Dip bread in mixture and fry in salt pork fat. Serve small pieces of pork on toast.

BAKED CHUCK STEAK WITH ONIONS AND POTATOES

Dredge 2 lbs. chuck steak with flour, then pound thoroughly. Sear quickly on both sides, then put into baking pan, or casserole. Cover with layer of thin slices of onion and potatoes. Season with salt. Add 1 C. water and cook slowly until tender.

BEEF STEW

1 lb. beef (flank)
6-8 potatoes
1 onion
2-3 carrots
3 T. flour
Salt and pepper

Cut beef into small pieces, cover with boiling water and cook until partially done. Add potatoes, onion and carrots cut into small pieces. Cook slowly until meat is tender and vegetables soft. Thicken with flour and season.

DATE CUSTARD

2 C. scalded milk
2 eggs
¼ lb. dates cut up
¼ C. sugar
⅛ t. salt

Beat eggs slightly and add sugar and salt. Stir constantly while adding gradually the hot milk. Cook in double boiler and continue stirring until mixture thickens and a coating is formed on the spoon. Add dates and chill.

RICE WITH TOMATOES

1 C. rice
2 t. salt
5 C. boiling water
½ can tomatoes

Wash rice and sift it slowly into salted water. Boil 15-20 minutes, stirring occasionally with a fork. Add tomatoes and cook until water is evaporated.

LIMA BEAN SOUP

1 lb. Lima beans
1 onion
1 pt. milk
1 pt. water
½ slice salt pork
Salt and pepper

Proceed as in potato soup.

BEEF LOAF

¾ lb. chuck steak (cooked)
1 onion, chopped
2 slices salt pork
1 C. bread crumbs
Salt and pepper

Try out salt pork and cook onion in it. Chop meat or put through a food chopper. Mix all ingredients thoroughly, moisten with milk or water, and bake in moderate oven ½ hour.

ESCALLOPED TOMATOES

½ can tomatoes — 1 C. bread crumbs
Salt and pepper

Season tomatoes and add bread crumbs, sprinkling some over top. Bake 20 minutes in moderate oven.

CODFISH CHOWDER

1 slice salt pork — 6-8 potatoes sliced
1 onion — 1 qt. water
½ lb. salt codfish — ⅛ t. pepper
1 pt. milk

Cut pork into cubes. Try out fat and cook onion in it. Add potatoes and water. Cook until potatoes are nearly done. Add fish which has been soaked and pulled into pieces, milk, and pepper. Bring to boiling point and serve.

PART II.

Many women have been trained in the school of necessity to use the foods which are low in cost but high in food value. That some have profited by their experience is shown by the menus and recipes included in Part II which were prepared by women accustomed to managing on a small income.

The list of foods used in Part I was the basis, but a few substitutes were allowed as follows:

Hamburg steak	Barley
Shin bone	Spaghetti
Liver	Noodles
Mutton flank	Tapioca
Haddock	Cornstarch
Canned salmon	Karo syrup
Cheese	Molasses
Peanut butter	Split peas
Lard	Lentils
Compound	String beans
Cornmeal	Lettuce
Cabbage	

FAMILY A.—German.

Man, woman, 6 children (2 to 14 years).

FOOD SUPPLY FOR ONE WEEK

Number of units, 5.
Number of calories per week, 105,000.
Cost per unit per day, 31 cents.

Amount	Food	Cost	Calories
4 lbs.	Chuck steak	$1.04	3188
1 1/5 lbs.	Hamburg steak	.30	1040
1 lb.	Salt codfish	.18	515
1 lb.	Canned salmon	.28	660
1½ doz.	Eggs	.66	1338

Amount	Food	Cost	Calories
14 qts.	Milk	1.40	8792
½ lb.	Cheese	.18	997
2 lbs.	Oleo	.66	6820
1 lb.	Peanut butter	.22	2741
1 lb.	Salt pork	.32	3556
1 lb.	Compound	.24	4082
14 loaves	Bread (17½ lbs.)	1.68	20545
1¼ lb.	Rolled oats	.10	2254
1 lb.	Cornmeal	.10	1613
1 lb.	Macaroni	.15	1624
1 lb.	Rice	.10	1591
1 lb.	Tapioca	.10	1608
1 lb.	Cornstarch	.10	1632
5 lbs.	Granulated sugar	.45	9070
1 lb.	Confectioner's sugar	.05	1814
¾ lb.	Karo syrup	.06	800
1½ lb.	Kidney beans	.27	2346
1 lb.	Split peas	.15	1612
3 bunches	Carrots	.05	185
2 lbs.	Onions	.10	398
2 qts.	String beans	.06	270
4 bunches	Beets	.05	326
2 heads	Lettuce	.05	100
3 lbs.	Cabbage	.15	362
1 1/3 pk.	Potatoes	.60	6080
1 lb.	Dried apples	.14	1318
1 lb.	Prunes	.18	1161
1 lb.	Raisins	.15	1407
2 lbs.	Flour	.16	3206
¼ lb	Cocoa	.10	564
¼ lb.	Tea	.13	
½ lb.	Coffee	.15	
	Salt, pepper and vinegar	.05	
		$10.91	95615

MENUS

WEDNESDAY

Breakfast	Dinner	Supper
Boiled rice	Salt pork (fried)	Bread and milk
Toast	Milk gravy	Cheese
Coffee	Boiled potatoes	Peanut butter
Cocoa (for children)	Boiled onions	
	Bread and oleo	
	Raisins	
	Tea	

THURSDAY

Rolled oats	Creamed codfish	Baked beans
Toast	2 eggs (for man)	Pickled beets
Coffee	Boiled potatoes	Bread and oleo
Cocoa (for children)	String beans	Prunes
	Bread and oleo	Tea
	Apple sauce	
	Tea	

FRIDAY

Rolled oats	Scrambled eggs (recipe)	Canned salmon
Toast	Creamed potatoes	String beans
Coffee	Lettuce	Bread and oleo
Cocoa (for children)	Bread and oleo	Tea
	Prunes	Milk
	Tea	

SATURDAY

Cornmeal	Hamburg steak	Fried potatoes
Toast	Boiled potatoes	Beet greens
Coffee	Buttered beets	Milk toast (for small children)
Cocoa (for children)	Bread and oleo	Bread and oleo
	Cornstarch pudding (with cocoa)	Tea
	Tea	

SUNDAY

Boiled rice	Chuck steak	Lettuce sandwiches
Toast	Mashed potatoes	Rice pudding with raisins
Coffee	Creamed cabbage	Chocolate layer cake (recipe)
Cocoa (for children)	Bread and oleo	Tea
	Tapioca cream	
	Tea	

MONDAY

Oatmeal	Split pea soup (stock from Sunday dinner)	Cold meat (from Sunday)
Toast	Creamed carrots	Creamed potatoes with parsley
Coffee	Bread and oleo	Bread and oleo
Cocoa (for children)	Rice pudding (left from Sunday)	
	Tea	

TUESDAY

Cornmeal	Macaroni with cheese	Fried mush with Karo syrup
Toast	2 eggs on toast (for man)	Bread and oleo
Coffee	Bread and oleo	Tea
Cocoa (for children)	Prunes	
	Tea	

RECIPES

SCRAMBLED EGGS

(8 people)

8 eggs
8 T. milk
4 T. flour
Parsley cut up fine
Salt and pepper

Beat eggs slightly and add milk into which flour has been stirred. Season and add parsley. Stir constantly while cooking.

CHOCOLATE LAYER CAKE

Butter size of an egg
1 C. sugar
1 egg
1 C. water
Pinch salt
2 t. baking powder
About 1¾ C. flour

Cream butter and sugar together and add egg. Add water, then flour to which salt and baking powder have been added. Bake in 2 pans.

FROSTING

2 C. confectioner's sugar
3 T. cocoa
Water

Mix sugar and cocoa, then add enough water to make of right consistency to spread.

FAMILY B.—American.

Man, woman, 6 children (3 to 17 years).
Number of units, 5.8.
Number of calories per week, 121,800.
Cost per unit per day, 41 cents.

In this family the total cost of food for the week was $16.62, and 150,122 calories were provided, an excess of over 28,000 above the number required. This is accounted for by the use of an abundance of fats, sugar, bread, and potatoes. Three lunches daily were put up for the working members of the family. Several homemade cakes were included in the menus as well as some puddings and pie, as a dessert or sweet of some sort was generally served for both dinner and supper.

FAMILY C.—Italian.

Man, woman, 7 children (5 months to 14 years).
Number of units, 5.6.
Number of calories per week, 117,600.
Cost per day per unit, 28 cents.

The cost per 100 calories of foods used for the week was the lowest in this family, being $.009 against $.011 in Families A and B and in Part I. The menus were, however, correspondingly low in protein and high in fat and starch, a criticism characteristic of Italian diet in families without American training.

As a result of 10 cooking lessons given the 14 year old girl there were included in the menus a number of the recipes taught, as split pea soup, beef stew, codfish chowder, and American chop suey.

Whereas the use of many of the foods included in the list is common to families of various nationalities, combinations vary widely and a few recipes will be of value.

ITALIAN RECIPES

FRIED PEPPERS WITH TOMATO SAUCE

Cut peppers in slices, remove seeds, and fry in a little fat. Season with salt. When soft add canned tomatoes and cook until tomatoes have thickened.

STRING BEANS WITH TOMATO SAUCE

Cook beans until soft. Drain, add tomato sauce and cook a little longer.

TOMATO SAUCE

Fry a little garlic in lard or other fat. Add canned tomatoes and seasonings. When tomatoes are cooked add a little cold water and cook until thick and well blended.

ROUND STEAK WITH MACARONI AND TOMATO SAUCE

Sear steak on both sides. Add a little lard, onion and garlic and cook 5 minutes. Add to this canned tomatoes and tomato paste. Cook

until well blended, then add enough water to make a sauce for the macaroni which is added to the meat after being cooked until soft in boiling salted water.

POLISH RECIPES

CABBAGE SALAD

Cut cabbage up fine. Mix with salt and let stand 5 minutes. Squeeze out juice. Season with salt, pepper and onion and add vinegar and oil as dressing.

LETTUCE AND BACON

Fry bacon and mix with lettuce. Pour over it hot vinegar and add seasonings.

BEEF STEW

Put into kettle one big onion (cut up), piece of garlic, a red pepper, a sweet pepper, bay leaves, and black pepper. Put in the meat (any inexpensive cut) and cook slowly about 1½ hours. Then add ½ C. water and cook about 1½ hours more or until tender. Add more water for gravy.

If desired may omit onion and garlic and add sour salt, prunes and salt.

HAMBURG STEAK

Season meat, add bread crumbs, shape and fry. Make gravy, add to meat cakes and cook about ½ hour.

BEETS

Cut beets up fine, and add bacon or spare ribs, onion, salt, pepper, vinegar and tomatoes if you have them. Cover with boiling water and when cooked tender add 2 T. sour cream.

SOUP WITH NOODLES

To any inexpensive cut of beef add carrots, onions, bay leaves, sweet peppers, and parsley. Cover with cold water and cook slowly until tender. Cook noodles 5 or 10 minutes and add to soup.

SOUP WITH POTATOES

To a piece of lamb or mutton add onions, carrots, and bay leaves. Proceed as in soup with noodles. When nearly done add potatoes and seasonings.

POTATO PANCAKES

Grate 7 raw potatoes. Throw away part of water. Add 1 egg, a little flour, 1 rounding t. baking powder, salt and pepper. Fry as other griddle cakes.

GRIDDLE CAKES

Improved by adding grated orange peel.

ENGLISH RECIPES

STEAMED BLACKBERRY PUDDING

To 1 quart blackberries add a little water or sour milk and a little sugar. Mix with this 2 C. flour to which 3 T. shortening, a pinch of salt and 2 rounding t. baking powder have been added. Add soda if sour milk is used. Steam about ¾ hour in a pudding dish. Serve with pudding sauce or milk.

Any other fruit may be used in place of blackberries.

If desired may add 3 T. chopped suet and boil in floured cloth 1½ hours.

BREAD PUDDING

Soak 3 C. stale bread in cold water until soft. Drain as dry as possible. Add ½ C. raisins or currants, ¼ C. sugar, 1 heaping t. baking powder, 3 T. shortening and enough flour to make stiff. Bake in greased pan ½ hour.

MACARONI PUDDING

Parboil macaroni and put into baking dish. Cover with milk, a little sugar, and a little butter or nutmeg. Bake from 20 to 30 minutes.

Rice or tapioca may be cooked in the same way.

GERMAN RECIPES

STRING BEANS, CARROTS AND POTATOES

Slice carrots and cook with string beans until soft. Add 1 small onion chopped fine. Cook potatoes separately and add to mixture. Thicken with flour and season with salt, pepper, and a little butter.

APPLE CAKE

To enough bread dough to make 1 large loaf add 1 egg, ¼ C. sugar, and ¼ C. raisins. Spread out thin in dripping pan and cover with sliced apples, sugar and cinnamon. Let rise and bake in hot oven.

COFFEE CAKE

1 C. molasses
¼ C. shortening
1 egg
1 C. hot coffee
Spices as desired
½ t. salt
1 t. soda
About 3 C. flour

SYRIAN RECIPES

CABBAGE, LAMB AND RICE

Separate cabbage leaves and put into boiling water for 1 or 2 minutes to make soft enough to roll. Do not boil. Put lamb through coarse grinder. Mix with rice, well washed, in proportion of 3 C. lamb to 1 C. rice. Season with salt and pepper and moisten with water to make soft enough to mold. Put some of the mixture on each cabbage leaf and roll lengthwise like a cigar. Put some of waste cabbage leaves in bottom of kettle and place cabbage rolls on top of each other. Cover with boiling water and place a small plate on top to hold in place. Cook slowly until done (about 1 hour).

CREAM OF RICE PUDDING

1 qt. milk
¾ C. rice
Pinch salt
Flavoring (Syrians use 1 t. rose water)
Sugar

Put rice in milk and cook fast until soft, then simmer until blended together and creamy. Add sugar to taste when nearly done, and let boil 2 or 3 minutes.

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